

Virtual Earth Day

San Diego County 4-H



— I pledge —
my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service,
my *health* to better living,
for my club, my community,
my county, and my world.



This spring so many of us are at home and limited on the places we can go but that doesn't mean we still can't have a meaningful Earth Day!
Turn the page to find some fun activities to do at home...

Clean Up Your Neighborhood!

We've all done beach and park cleanups but the next time you walk through your neighborhood with your parents bring a trash bag and pickup any trash others may have left behind. Have a contest to see who in your family can pick up the most trash on your walks!



Make Art for Others

Contact a local elder or memory care facility and see if they will allow you to drop off art & letters for their residents (with COVID-19, most facilities will hold on to items for several days before giving to their residents) Then reusing items from around the house, make 2-D art that you can share with those that haven't been able to see their family recently.



Go Bird Watching

There are so many birds to be found in San Diego County! Have you looked around your yard and your neighborhood when you walk?

There are so many different environments and micro climates in San Diego County that even parts of the same city may not see the same birds. Think about keeping a journal of the different birds you see or building a bird feeder to attract more.

To learn more about different local birds and where they are located, you can check out <https://www.inaturalist.org/guides/408>



Plant a Garden

Maybe you would like a fairy garden with a home for your fairies to stay?

Maybe you'd like to try your hand at growing your own food with your parents? Or making a compost pit?

Or maybe you want to just try something new in your yard?

<http://4h.ucanr.edu/files/134436.pdf>

<http://florida4h.org/programs/Plantscience.pdf>

https://ohio4h.org/sites/ohio4h/files/imce/365_25_Flower_Gardening_2015.pdf



Stargazing

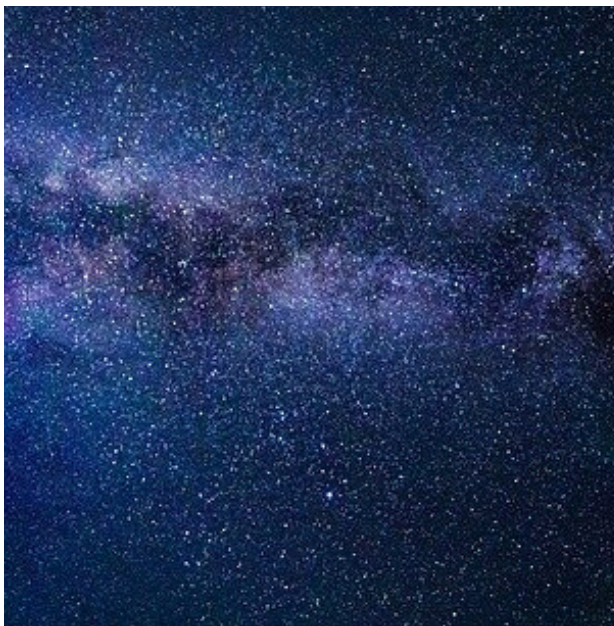
Spend an hour in the evening outside as a family looking up at the stars.

Unsure of what you are looking at when looking up in the sky? Why not download a free app to help you explore the skies?

Starchart - [iOS](#) | [Android](#)

NASA - [iOS](#) | [Android](#)

Night Sky - [iOS](#)



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Earth Day BINGO



Take a trash bag on your walks and pickup trash

Watch the night's sky and find a constellation

Mend clothes so you can rewear them

Shut off water when brushing your teeth

We all know honey bees... Learn about native bees

Plant an edible garden

Spy on a butterfly, caterpillar, or chrysalis

Reuse items to make an art project

Make a compost pile

Turn off the tv and go bird watching in your yard

Go on a bug hunt in your yard

Use less bath water



Help your parents make recipes with vegetables from your fridge

Plant native plants

Make a homemade bird feeder

Turn off lights and electronics when leaving the room

Plant a tree

Find out about a local endangered species

Make reusable paper towels

Eat locally sourced food from a farm stand or CSA

Separate out your recyclables

Build a home for pollinators

Reuse old tshirts to make dog toys

Find three different types of tree leaves and compare



University of California

Agriculture and Natural Resources

■ 4-H Youth Development Program

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